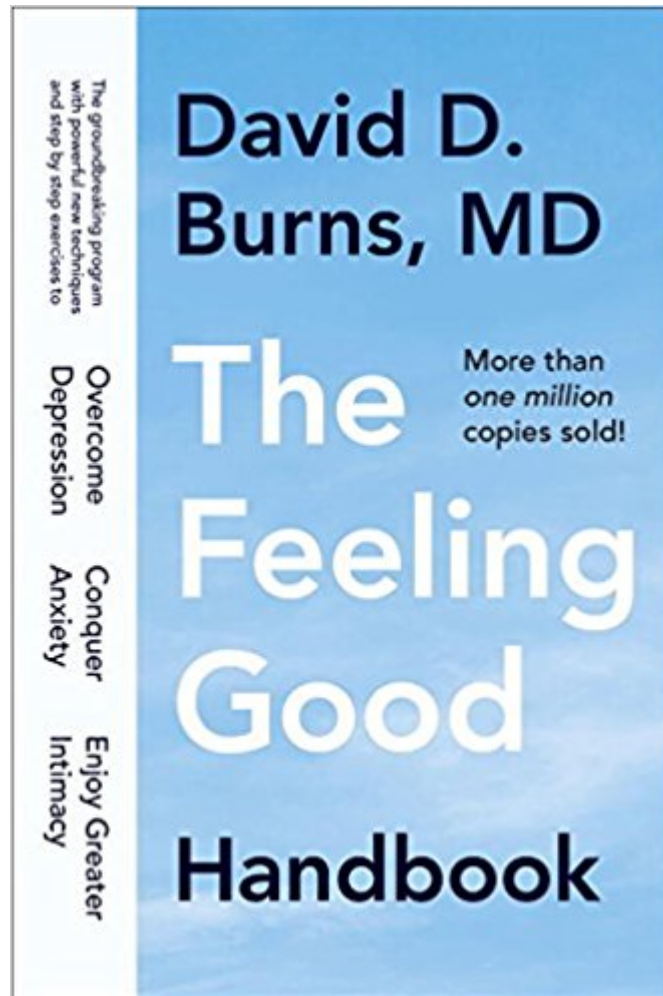




The book was found

The Feeling Good Handbook



Synopsis

Make life an exhilarating experience! With his phenomenally successful *Feeling Good: The New Mood Therapy*, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. In this bestselling companion, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems. Free yourself from fears, phobias, and panic attacks. Overcome self-defeating attitudes. Discover the five secrets of intimate communication. Put an end to marital conflict. Conquer procrastination and unleash your potential for success. With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive-compulsive disorder, this remarkable guide can show you how to feel good about yourself and the people you care about. You will discover that life can be an exhilarating experience.

“A wonderful achievement—the best in its class.”
—M. Anthony Bates, Clinical Psychologist, Presbyterian Medical Center, Philadelphia

“Clear, systematic, forceful.”
—Albert Ellis, PhD, President, Albert Ellis Institute

Book Information

Paperback: 768 pages

Publisher: Plume; Revised edition (May 1, 1999)

Language: English

ISBN-10: 0452281326

ISBN-13: 978-0452281325

Product Dimensions: 6 x 1.6 x 9 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 495 customer reviews

Best Sellers Rank: #2,789 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Mental Health > Depression #12 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP #31 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology

Customer Reviews

"The CBT bible." "The Observer" "Invaluable guide to dealing with fears, anxieties, panic attacks, procrastination and communication problems." "USA Today" "A wonderful achievement—the best in its class." "M. Anthony Bates, Clinical Psychologist, Presbyterian Medical Center, Philadelphia" "Clear, systematic,

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"A wonderful achievement – the best in its class." •M. Anthony Bates, Clinical Psychologist, Presbyterian Medical Center, Philadelphia "Clear, systematic, forceful."

•Albert Ellis, Ph.D., President, Institute for Rational-Emotional Therapy "This book makes a difference. Anyone who experiences emotional distress (that is, everyone) will find this book invaluable. Dr. Burns represents dozens of helpful exercises in his inimitable, lively, and self-revealing style." •Jackie Persons, Ph.D., Associate Clinical Professor, Department of Psychiatry, University of California at San Francisco, and Director, San Francisco Bay Area Center for Cognitive Therapy. "Dr. Burns has done it again. He has provided us with clearly described and practical guidelines for dealing with fears, anxieties, panic attacks, procrastination, and communication problems . . . invaluable." •Marvin Goldfried, Professor of Psychology and Psychiatry, State University of New York at Stony Brook If you are looking for sound, workable advice on how to change your life a little or a lot, this is the book for you." •Robert L. Leahy, Ph.D., Director, Center for Cognitive Therapy, New York

This is a great book. I don't think there has been any self-help book that has helped me as much as this one. The explanations are very clear and the sequence of self-help activities (cognitive behavior therapy) is very easy to understand. The program begins by explaining the different ways we distort our thinking. For example, "mind-reading" is one of our distorted thinking patterns which is when we presume to know what others think of us, our clothes, our actions, etc. The book describes 10 cognitive distortions that make us unhappy. Then, there are exercises to identify negative thoughts, understand the distortion at play, and reframing the thought in a positive way. This is a very "in-a-nutshell" sort of explanation. I have been working in the book for three weeks. Already I feel a tremendous change in my outlook. There are exercises to do. If you do them, you will get better. If you just read the material, probably not. Think about this: you can read a stack of books about tennis but until you get on the court you'll never be able to play. Get this book and do the exercises. You'll be pleased.

It's really been helpful for me so far, I just need to remember to use it more frequently. I only read over the first couple of chapters, and I quickly identified a lot of the issues I've been dealing with in my life. It's worth a chance!

This book is like common sense for thinking in productive and positive ways. Everything makes sense to me. Of course, changing habits can take time, but the rewards are absolutely worth it. LOVE this book and have now purchased several copies of it since I keep giving my copy away.

This book was a life saver for my son and did more for him than all the therapists he saw beforehand. The work sheets provided the tools for him to see where his thinking had been distorted and to take steps to correct it.

This book is truly remarkable. Like his book on Panic, this is must read for depressives and those close to them. It is not a true self help book but if you are willing to do the work, wonders will occur. I recommend this highly.

This book changed my life when I was only 16 and felt as low as low could go. It changed my self destructive thinking into a more rational and positive way. I read this book so much that the pages started falling apart so I purchased another.

Time honored and it really does help with depression - you have to DO the work. I studied this type of thing when getting my masters in counseling years ago - I hit a time in my life where nothing was working for my depression....my sister and I did the book together and we worked with the book for a year. Sometimes, you have to re learn things you thought you knew. The best parts are really about changing your perceptions about life and what it all about - feeling good is a bit misleading- more like - accepting life as it is instead of the fantasy we thought it might be. And being thankful for all of it anyway.

This follow-up to Dr. Burns' book, is absolutely wonderful for both professionals and non-professionals alike. I actually read another book first, When Panic Attacks by Dr. Burns and decided to learn more. He is so great at explaining complex topics in every day language for people who suffer from anxiety and/or depression. It doesn't matter how long or which medical professionals you have seen. The Feeling Good Handbook will give you more advice and helpful ideas than you ever thought possible.

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